



# December 22, 2024

## TODAY'S TOPIC: Kwanzaa

### SCHEDULE

- :00-:05 =
- :06-:12 = Circle #1 Community
- :12- 25 =
- :25-40 = Circle #2 Lesson
- :40-55 =
- Say affirmation as they leave

### EXTRA NOTES

Maybe Michelle doing Music

### Circle #1: Community

Community Question

Expectations

Thinking Job

What is your name, age, and  
What made you smile today?

- Be kind
- Show respect
- Ask for help

Have I ever heard of a holiday called Kwanzaa?

### Circle #2: Lesson

Materials

Things to Prepare

Today's Goal

- Unity cup
- Kwanzaa bingo

- Plan to do the lesson around a table if possible, to make it easier to play bingo.

Know what Kwanzaa is and why it is celebrated.

**SPIRITUAL MOVEMENT = Inhaling the Universe**

**CANDLES = SING AND SIGN = Surely the Presence**

**BASKET = PRAYER = LESSON=**

**ASK:** We talk a lot about Christmas, but there are other holidays celebrated at this time of year. Solstice where we celebrate the winter equinox, Hanukkah for the Jewish celebration of the lights. And Kwanzaa.

**EXPLAIN:** Kwanzaa a special holiday that celebrates Black heritage and African American culture and community. What does that mean? Black can refer to the color of your skin. African American culture means celebrating things and people from the country of Africa. The holiday was created in 1966, during a time when many Black people faced unfair treatment because of their skin color. Kwanzaa is not an African holiday, but it's inspired by many parts of African cultural. Kwanzaa starts on December 26 to lasts seven days.

**ASK:** How do you get ready for Kwanzaa? You might put down a special mat, called a *mkeka* (muh-KAY-kuh), on the table to represent sharing. On top of the mat, you can add:

- A basket filled with fruits and vegetables to represent all the good things that are grown and harvested, including one ear of corn for each child in your family
- A special unity cup (show cup)
- A special candle holder and seven candles – one black, three red, three green.
- Presents

**ASK:** How do you celebrate Kwanzaa?

- All drink water or juice from the unity cup.
- Light candles: One candle is lit each night and has a word that stands for an important part of African culture. The seven principles are:
  - ✓ Unity (being connected to each other)
  - ✓ Self-determination (speaking up for yourself)
  - ✓ Collective work and responsibility (working together)
  - ✓ Cooperative economics (supporting each other)
  - ✓ Purpose (goals for yourself or your community)
  - ✓ Creativity (find ways to make your community better)
  - ✓ Faith
  - ✓ Give presents
- Have a party, especially on the sixth day (which is also New Year's Eve, with lots of food, music, dancing, and singing.

**GAME:** Hand out bingo cards and markers. Before you play, point out how the cards have many things to do with Kwanzaa = candles, basket of fruits and vegetables, unity cup, presents, decorations, symbols of Africa, decorations, food for a feast. This anchors the Kwanzaa symbols and helps kids look for the different items during the game. To start, everyone can cover the middle space. As you pull symbols from the bowl, anyone who has that thing covers it with a marker. The first person to get five in a row across, up and down, or diagonally wins. Play as many rounds as you like.

**AFFIRMATION:** I support others, and they support me. X4

**Today's Affirmation:** I support others, and they support me. X4

**Take Home:** n/a

# BINGO



FLAG



BEANS



SHRIMPS



CORNS



ELEPHANT



WOMAN



FIREWORKS



CANDIED YAMS



FRUITS



DANCING



BALLOONS



DRUM



FREE SPACE



UNITY CUP



OUTFIT



CROPS



CANDLESTICK



COCONUTS



GIFTS



BANNERS

KW  
AN  
ZAA



MAC AND CHEESE



WEAVING



CANDLES



FAMILY